



0-19 Early Help Hubs

West Hub Spring Term Activities Timetable –
for over fives and Parents/Carers

Workshop	Audience	Dates	Venue
Digital Safety Awareness	Parents/Carers	10-11.30am 27 March 2020	Silkstream Children's Centre HA8 0DA
How to manage sleep	Parents/Carers of primary school children from 5 to 11 years.	10-11.30am 6 April 2020	0-19 West Hub Barnet and Southgate College, Colindale NW9 4BR
General Anxiety	Parents/Carers of primary school children from 5 to 11 years.	10am -12noon 9 April 2020	Colindale Library NW9 4BR
Talking with Teens	Parents/Carers of teenagers	10am -12noon 15 April 2020	Colindale Library NW9 4BR
Digital Safety Awareness	Young People 13+	11am -12.30pm 17 April 2020	0-19 West Hub Barnet and Southgate College, Colindale NW9 4BR
Healthy Relationships	Young People 13+	11am -1pm 29 May 2020	Fairway Children's Centre NW7 3HS
Healthy Eating and Healthy Lifestyle	Parent/Carers	10am-12noon 28 May 2020	Colindale Library NW9 4BR

For further information about the timetable or how to access these sessions please call the West Hub on 020 8359 3510